HEALTH IS WEALTH

Instructions: Match the rule to be healty to each picture.

Eat healthy food. Take more portions of fruits and vegetables. Don't eat lots of junk food. If you feel hungry between meals, eat an appple or a banana.



Drink lots of water. Your body consists of 70% water, so you need lots of water to stay healthy. Drink at least 8 glasses of water everyday. Avoid sugary drink.



Get enough sleep. Your body need enough rest everyday. Adults need 7 to 8 hours of sleep every night and children need more. Don't stay up late and be tired the next day.



Do some exercise at least 3 times a week. You can go for a walk, swimming or play football. It makes you strong and good for your heart. You will also have a fit body.



LIVEWORKSHEETS

IMPORTANCE OF HEALTHY LIFESTYLE

Drag and drop into correct box.

Start to drag from left to right starting from row number 1

1	Good cardiovascular function	Helps to be more active	Develop sense of belongings
2	Good social inetractions	Have positive body image	Maintain ideal weight
3	Better approach to tasks	Reduce anxiety and depression	Feel more happy with life

PHYSICAL

MENTAL

SOCIAL



LIVEWORKSHEETS